

Be Heart Smart — Know The Signs

Know the Warning Signs of a Heart Attack

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath.** This feeling often comes along with chest discomfort, but it can occur before the chest discomfort.
- **Other signs.** These may include breaking out in a cold sweat, nausea or lightheadedness.

Know the Warning Signs of Stroke

- **Sudden numbness or weakness of the face, arm or leg** — especially on one side of the body.
- **Sudden confusion, trouble speaking or understanding.**
- **Sudden trouble seeing in one or both eyes.**
- **Sudden trouble walking, dizziness, loss of balance or coordination.**
- **Sudden, severe headache with no known cause.**

Not all of these warning signs occur with every heart attack or stroke.

If you have one or more of these signs, don't wait longer than five minutes before calling for help.

**Heart Attack and Stroke are Medical Emergencies.
Call 9-1-1 and get to the hospital right away.**

Cardiovascular Health Program

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